

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE**

FIRST NAMED INVENTOR : David MUNSON **Confirmation No.: 5591**  
FOR : Method and apparatus for physical fitness training  
APPLICATION NO. : 10/737,018  
FILING DATE : December 16, 2003  
EXAMINER : Glenn E. Richman  
ART UNIT : 3764  
CUSTOMER NO. : 23380

**AMENDMENT AND RESPONSE**  
**TO RESTRICTION REQUIREMENT**

Mail Stop Amendment  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Sir:

The one month period for responding to the Restriction Requirement of June 15, 2007, expired on July 15, 2007. Accordingly, Applicant respectfully requests and petitions that the response date be extended one-month, up to and including, August 15, 2007. Payment of the \$60.00 extension fee for a small entity is transmitted herewith.

In response to the Restriction Requirement of June 15, 2007, please amend the above-identified application as follows:

**Amendments to the Claims** are reflected in the listing of claims which begins on **page 2** of this paper.

**Remarks/Arguments** begin on **page 7** of this paper.